Warm-Up > Simon Says

- Remind children about the rules of 'Simon Says'.
- They should only do the action if 'Simon says' is said before the instruction.
- They should not do the action if 'Simon says' is not said.
- Give children a range of aerobic and stretching activities to warm their bodies and muscles up.
- Alternate between 'Simon says...' followed by the action, and just shouting an action.
- You could ask a child to be Simon and allow them to give out the instructions.

Some actions you could use are:

- **jog on the spot**
- **run around the room, changing directions**
- **skip around the room**
- **touch your toes, keeping legs straight**
- **five tuck jumps on the spot**

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